

DINNERLY



Chermoula Fish Parcels with Couscous and Coriander



35 minutes



2 Servings

Baking fish in paper is a simple technique that delivers great results. Pile couscous, fish and lemon into baking paper, fold up and pop in the oven. Then, the best part: opening up the parcels and letting all those delicious aromas waft over the table.

WHAT WE SEND

- 150g couscous ¹
- 1 red capsicum
- 1 lemon
- coriander
- basa fish pieces ⁴
- 5g chermoula seasoning ¹⁷

WHAT YOU NEED

- 200ml boiling water
- 1 tbs olive oil

TOOLS

- baking paper
- oven tray

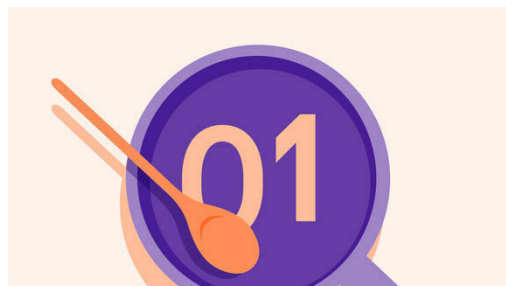
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Sulphites (17). May contain traces of other allergens.

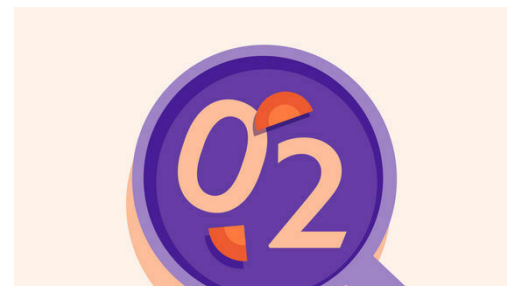
NUTRITION PER SERVING

Energy 475kcal, Fat 13.0g, Carbs 58.4g, Proteins 27.5g



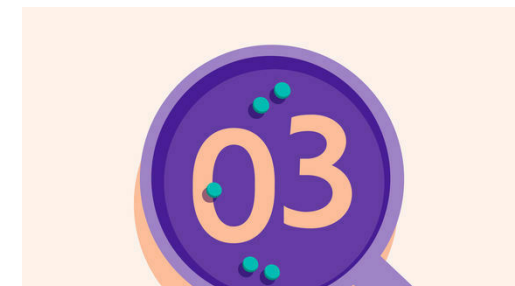
1. Soak couscous

Preheat the oven to 200C. Put the **couscous** in a large heatproof bowl, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff the grains with a fork.



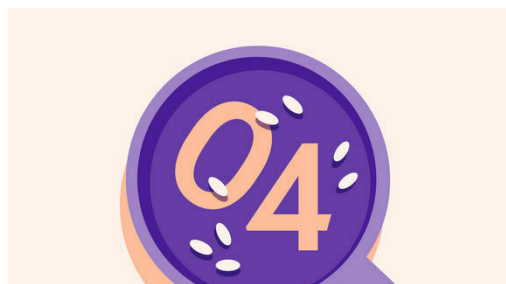
2. Prep ingredients

Meanwhile, prepare two 50cm-long sheets of baking paper. Finely chop the **capsicum**. Thinly slice **half the lemon** and cut the **remaining lemon half** into wedges. Pick the **coriander** leaves and finely chop the stems, keeping them separate.



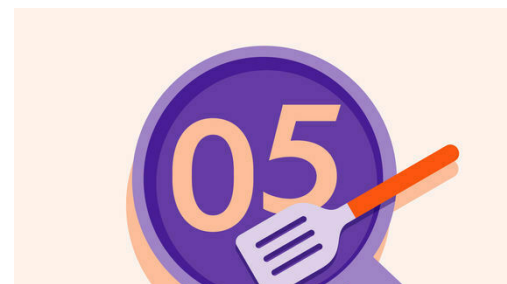
3. Marinate fish

Divide the **fish** into 2 equal portions (you may need to cut it into pieces). Combine **2 tsp chermoula** (see Kitchen notes) and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the fish and turn to coat.



4. Make fish parcels

Divide the **couscous** among the sheets of baking paper, arranging it in a mound in the centre. Top with the **fish**, **coriander stems**, **capsicum** and **lemon slices**. Drizzle with **2 tsp olive oil** and season with **salt and pepper**. Bring the two long sides of each sheet together at the top and fold a few times to seal, then tuck the ends under to form a parcel.



5. Bake and serve up

Transfer the parcels to an oven tray and bake for 20 mins or until the fish is cooked through (see Kitchen notes). Divide the **fish parcels** among plates. Open up and top with the **coriander leaves**. Serve with the **lemon wedges** and enjoy!



6. Kitchen notes

Chermoula has a slight chilli kick. For those who prefer less heat, reduce the amount to taste or leave it out altogether. ~ Not sure if your fish is cooked through? Open up one parcel and flake the fish with a fork; if it comes apart easily, it's cooked.